

# RPE Scale

(Rate of Perceived Exertion)

1	<b>Very Light Activity</b> (anything other than complete rest)
2-3	<b>Light activity</b> (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	<b>Moderate Activity</b> (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	<b>Vigorous Activity</b> (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	<b>Very Hard Activity</b> (difficult to maintain exercise intensity, hard to speak more than a single word)
10	<b>Max Effort</b> (feels impossible to continue, completely out of breath, unable to talk)